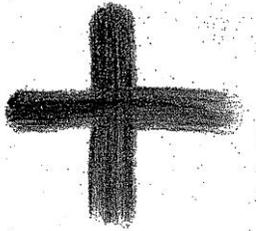


# First Things

A Newsletter of the First Reformed Church, Schenectady, New York

March 2019



## Ash Wednesday – March 6

We will usher in the season of Lent on March 6 with a simple fellowship meal in Covenant Hall at 6pm. Then we will move to a family-friendly service in Poling Chapel beginning at 7pm. Rev. Dr. Daniel Carlson will lead the service, which will include opportunity for the traditional imposition of ashes.

## Lenten Devotional: Read and Share

The biennial Lenten Devotional publication presented by our Adult Education and Nurture Committee will be available in the church on Sunday, March 3rd. Reflections, poems, photography and artwork submitted by our congregants will help you journey from Ash Wednesday to Easter. It is our hope this Devotional will enrich your experience of God's abundance and redeeming grace.

Beginning Sunday morning, March 10 at 8:30am in the Mohawk House, there will be an opportunity to gather and share how devotions from the 2019 Devotional Booklet have spoken to our hearts and to our minds. Join us for these meaningful conversations about how God is present in our lives.  
Convener: Norma Brown.

## Wednesday Evenings in Lent

March 13 – April 10

Drop in for any or all of these.

### Lenten Meal – 6pm

Join us in Covenant Hall for a simple meal which includes soup, salad, and bread. Help to make soup by calling the church office.

### Lenten Series Studies - 7pm

#### 1. A Taste of the Good Earth Café with Liam Battjes – Poling Chapel

**March 13:** Our Mountain Top Life. The high expectations of Jesus' Sermon on the Mount

**March 20:** Judging Music or Not with Wayne Hawkins

**March 27:** Choosing a Path. Guest Betty Pieper and landscape paintings.

**April 3 & 10:** TBD

#### 2. Future Visions: Schenectady and First Reformed - Sanctuary

This study challenges us to consider the future of Schenectady and how the First Reformed Church will reach out in mission to be a blessing to our community. Schenectady leaders with different areas of expertise will offer their vision of our city in the next ten years. Then, at our final session, a few FRC people will lead us in a review of the visions offered and a discussion of what God may be up to in our future.

**March 13:** Mike Saccocio, Schenectady City Mission

**March 20:** Dr. Jeff Corbin, Professor, Union Biology Department

**March 27:** Sharon Jordan, past Schenectady City Chief of Staff, and Carmel Patrick, County Library Board Chair

**April 3:** Philip Morris, CEO of Proctor's Theatre

**April 10:** People of First Reformed review and respond

### Closing Worship – 8pm

# Music & Worship

## Sunday Choir

Please join us this year to sing a beautiful and joyful variety of musical styles. Please contact Corine Salon if you have any questions about the choir at csalon@nycap.rr.com or 518 346-9060.

## Adult Ukulele

Adult Ukulele meets Wednesday evenings from 7-8:15pm. No experience needed and we have ukuleles that can be borrowed. Contact Jamie Ipsen at 518-399-6848.

## HOLY WEEK



Palm Sunday – April 14  
Maundy Thursday – April 18  
Good Friday – April 19  
Easter Sunday – April 21

## Orff-estra

The FRC Orff Group (which will now be known as the Orff-estra) will begin meeting again weekly after service in the balcony beginning March 10. We will be practicing towards a performance during the Palm Sunday service. As always, no experience is necessary, just a love for singing and hitting things!



## Give Easter Memorial Flowers

Each Easter, members of Chancel Guild adorn our church with beautiful Easter flowers. Your family can contribute to remember a loved one or honor a loved one. Please send your suggested donation of \$20 to Chancel Guild c/o Marlene Risseeuw, 2140 Niskayuna Dr., Niskayuna, NY 12309 and contact the church office with the name of the person the flowers are in honor or memory of. Even if you have donated in previous years, please place an order by April 17.

**First Forum, the after worship learning time, is in Poling Chapel now**

WEDNESDAY  
LUNCH

## Wednesday Lunch

Every Wednesday 11:30 – 12:30pm in Covenant Hall, we welcome you to join us for lunch. At 11:30, light lunch will be served along with some coffee and tea. There is no program, no activity, and no lecture. This is a weekly gathering open to members and the public. Suggested donation is \$2.00 per person.

**February 27** – Spaghetti and meatballs with broccoli

**March 6** – Hot dogs with sauerkraut and baked beans

**March 13** – Lasagna and salad

**March 20** – Chili with cornbread

**March 27** – Soup and salad

**April 3** – Build a sandwich



## Post-Worship Hospitality

Please consider hosting our post-worship fellowship by signing up for a couple of Sundays during the year. The sign-up sheet and instructions are in Covenant Hall.

Mar	Preacher	Liturgist	Reader	Forum	Jazz Vespers
3	Daniel Carlson	Liam Battjes	Kirstin Lion	Operation Moses: The Secret Airlift of Ethiopian Jews to Israel by Mark Weintraub	Nat Phipps, piano; Mike Lawrence, bass
10	Bill Levering	Daniel Carlson	Cathy Lewis	SICM Update & New Programs by Rev. Phil Grigsby	Wayne Hawkins, piano
17	Bill Levering	Daniel Carlson	Carol Troost	St. Patrick's Day City Council Vale Park by Lessa Prazzo	Peg Delaney, piano; Bill Delaney, bass
24	Bill Levering	Daniel Carlson	Christine Daniels	Grief and Loss by Jeffrey Berman	Tim Olsen, piano; Pete Toigo, bass
31	Bill Levering	Daniel Carlson	Therese McCarthy	"The Daily Gazette" by Sara Foss	Dave Gleason, piano

# Youth



## Youth Group Moves to Sundays at 5pm

Starting Feb. 24, J-Walkers Youth Group (6th - 12th grade) will have regular meetings at 5 - 7pm twice a month. Hopefully, this will give you enough time to finish up that mountain of homework you've procrastinated! We plan to do one service project a month on a Saturday and share a Family Lunch at the beginning of the month.

March will be a mountain of fun as we go on retreat to Camp Fowler and then return to face a mountain of challenges.



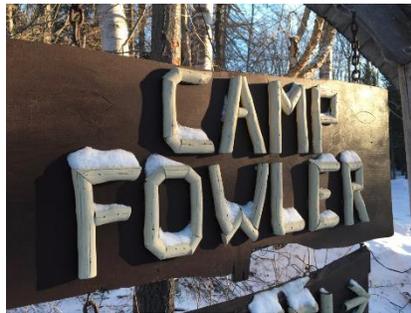
**March 17** at 5pm - Faith Can Climb Mountains. What mountains do you face and how do these relate to the mountains in the Bible?

**March 31** at 5pm - Prepare for the challenges of our mission trip to Kanatsiohareke. Parents and youth are encouraged to attend.



## Family Adirondack Luncheon for All Ages March 3

Participants start with activities on the Education Level at 11:30, then lunch will be served. Email [LiamBattjes@gmail.com](mailto:LiamBattjes@gmail.com) to get a Fowler Recipe to share (dinner rolls, blueberry cornbread, scones, mac and cheese, crustless quiche, tomato soup, stir-fry, cookies).



## Youth Winter Trails Retreat at Fowler Conference Center March 8-10

Register to reserve your place at our annual Winter Trails Retreat. Each year we explore what it means to follow Jesus thru a gospel. This year, we snowshoe thru the Gospel of Luke. Private Adirondack Cabins are available for parents or other adults who want to join us. Pine Lodge (heated) will be home for the J-Walkers and two chaperones. The retreat is from Friday 7pm until Sunday 1pm.



The process of forming our ideas about God and joining the church begins with confirmation for youth in grades 7 - 12. Our process is a series of challenges that deepen our understanding of community and faith. You can get a taste of the program by going online and looking under Activities for Confirmation. Seven youth have already signed up with Dr. Levering and it starts soon.

## Chords of Love Ukulele Choir

Chords of Love (ages 8+) meets Sunday mornings at 9am in the Roof Top Garden room. These groups will collaborate to play the 3rd Sunday of each month in morning worship. Other outreach opportunities are being considered as well. NO EXPERIENCE is required - nor is a ukulele!

## Camp Fowler Summer Camp Registration is Open

Yes, it is already that time. So be sure to reserve your spot for a week or more at Camp Fowler this summer. Senior high campers are especially encouraged to sign up early, as those weeks fill up quickly. Schedules, rates, registration, and other information are available online at [campfowler.org](http://campfowler.org). Let the church office know if you are attending. Scholarships are available

### Kids Sunday Morning Schedule

- 9am Kids' Ukulele
- 10am Come to Worship, Leave for Church School during worship, stay there until 11:15am.
- 11:15am Children's Music

# Support and Care

## LET US KNOW!

Whenever you are ill, hospitalized, homebound, needing a meal, transportation to a doctor, or grieving a loss, we would like to know...so we can do what our Committee is named for: support and care! Please help us to help you when you are in need by calling Support and Care Chair, Barb Walton 518-346-1943 or Daniel Carlson 518-346-6416.

## Support and Care

We invite you to consider helping with a new supportive ministry. We are looking for those interested in grocery shopping for the homebound in our midst. Give Daniel Carlson, 518-346-6416 or Barbara Walton, 518-346-1943 a call if you feel moved to care in this way.



## Emergency Contact Info

It has been very helpful to have the emergency contact information for members, especially--but not limited--to those who live alone. If you would like us to keep track of this for you, fill out a white card in worship or call or visit the church office.

## Daily Check-in Calls

Hearing a warm "Good morning!" is a wonderful way to start the day. Your Care and Support committee is aware that some in our family of faith, especially those who may live alone, would enjoy such a daily call. Knowing that each day or so a friendly caller would ask, "How are you, today?" would be a comfort for such folks. If you would be interested in being such a caller--or the recipient of such calls--please contact the church office or Rev. Daniel Carlson.



## Open Hearts

Please join us on the third Sunday of the month at 11:15am in the Mohawk House – Lunn room for a brief time of sharing and praying in an intimate and safe group. Please see Karen Gonda if you have questions.

## Care & Prayer

Need a moment for prayerful support after worship? Trained Stephen Ministers will be available in the Dykstra Chapel right after the service on the last Sunday of each month to sit with, listen to, and pray for and with you. Please stop by if this sounds like it may be just what you need.



## The Glen Eddy group

The Glen Eddy group will meet in the Fireside room at the Eddy at 10:30am on March 18 with Maria Todd for a time of fellowship, memories and support.



## We're Here to Help!

Experienced and empathic Stephen Ministers are ready and waiting to help you if you are going through a difficult time in life. Whatever your loss (relationship, work, ability, home, purpose, hope, faith, etc.) a trained and trustworthy Stephen Minister can helpfully join you in all the feelings and thoughts such experiences bring to the fore. Stephen Ministers are neither professional therapists nor well-meaning but distracted friends or family. They are Christians who compassionately care, ready to faithfully and attentively listen and help you find the strength to face whatever challenges life presents. Contact one of our Stephen Leaders: Daniel Carlson (518-346-6416), Joanne Arnold (518-526-0480) or Maria Todd (518-429-7931) to request a referral.

## Knitting Prayer Shawls and Baby Blankets

The Support and Care Committee encourages people who enjoy knitting to consider making prayer shawls or baby blankets that can be presented to our church family members in times of concern, like illness or grieving, and in times of joy, like the baptism of a new baby. These items are extremely meaningful and we want to continue this caring tradition. If you need more information or the pattern for a prayer shawl, Gini McDermott or Mary Jewett will be glad to help.

## Entered Into Eternal Rest

Ruth Brondel – February 6, 2019

# Groups

## Mystery Guest Dinner May 4

The Membership/Fellowship Committee would like you to join us for the second Mystery Guest Dinner Saturday, May 4. This is a dinner party where you will not know the guests or the host until the day of the event - adding to the fun of the day. Each guest will be assigned a dish to bring salad, side or dessert. Each host will provide a main dish and drinks. Get to know some new people through this wonderful fellowship activity! Families with kids are welcome. Sign up now with Barbara Mancuso by contacting her at [brmancuso@yahoo.com](mailto:brmancuso@yahoo.com) or 518-381-8860.

## Group V

We will meet Monday, March 4.  
Contact Maria Todd with questions

## Group VII

Group VII will meet on Friday, March 15 at 11:30pm at the Glen Eddy for lunch. We welcome all women of the church to join us for lunch and fellowship. Please call Mary Lou Fisher at (518)280-8070 if you are coming.

## Horizons Bible Study

The Horizons Bible Study Group meets from 10-11am, Tuesdays in the Mohawk House Presbyterian room. Contact Barbara L. Walton, (518) 894-5021 or [waltonbl@aol.com](mailto:waltonbl@aol.com) if you wish to attend or have questions.



## Saturday Breakfast: Sharing Stories with the FRC Writer's Critique Group March 9

A celebration of the most recent volume of the *Beverwyck Journal*. James Gonda, Rudy and Cathy Petersen. Join us for a glimpse into the process and outcomes of our creative author's group. On March 9, at 8:30am, Covenant Hall. RSVP to [rowland.gene2@gmail.com](mailto:rowland.gene2@gmail.com) or [aldenjoe@nycap.rr.com](mailto:aldenjoe@nycap.rr.com) if you plan to attend.

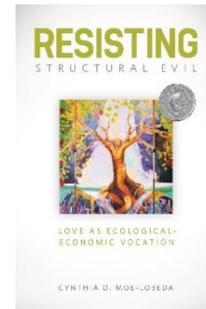
## Stitch Group

Our church PHD Stitch Group meets every Thursday from 10am to noon on the Mezzanine. Come and finish a project or start a new one. Enjoy good company, a cup of coffee or tea and conversation. You can work on any project you choose. Stay for a day, weeks or years until your project is finished. Most of us in the group are working on the years, some on the same project others on new projects. All are welcome. For more info contact Joan Lindsay 518-399-3153.



## Short- Short Writing Group

The FRC Short-Short Writing Critique Group meets on the first and third Tuesdays of the month at 7pm., Short-Shorts include fiction, non-fiction, memoirs, essays, and travel pieces told in 1,000 words or less. The group's mission is to help one another improve as writers.



## Resisting Structural Evil Class Meets Wednesdays and Sundays

We still have a few extra books and seats at the table for more participants in each section of this bracing and emboldening new study and discussion led by Rev. Dr. Daniel Carlson on Christian Ethics in a time of planetary crisis. Wednesday's section meets 9:30-11am; Sunday's, from 12-2pm (with simple lunch fixings provided), now through May. Copies of the award winning book, *Resisting Structural Evil*, by Cynthia Moe-Lobeda, can be found in the new Johnson Library/Faith Bookshop. Contact Daniel ASAP if you're interested in joining the illuminating and empowering journey into greater faithfulness!

## Johnson Library News

We are ready to begin to start moving the books to the shelves. Look for a schedule of times that that we will need help with putting books back on the shelves. It will take a few weeks to complete. There are two new books in the new library area. The first is by Stephen Hawking. In Brief answers to big questions, Hawking answers questions like; Will humanity survive? Does God exist? In the second book, Bryson's dictionary of troublesome words; a writer's guide to getting it right, Bryson gives the reader just that in his often witty way.

## Beverwyck Book

The Seventh and newest edition of *The Beverwyck Anthology* is out! Your complimentary copy of First Reformed's literary journal can be found in the bookstore.

# Mission

## Cornell Cooperative Extension Coordinator

Hello Everyone,  
My name is Rachel Lee and I am the Youth Program Coordinator for Cornell Cooperative Extension of Schenectady County. Cornell Cooperative Extension of Schenectady County receives part of your Mission Fund in order to fund my salary. My main work with CCE Schenectady is to coordinate our 4-H and Roots and Wisdom Program. I wanted to say thank you to this congregation for allowing me to do what I do every day. The past six months have been a bust time of program coordination, outreach, and learning. Thank you again for this opportunity, have a wonderful day.

## Home Furnishings Program

The Home Furnishings Program is always in need of clean and gently used household items and furniture. To donate, call Jamie Doriguzzi, Program Director, at 518-346-2444 or email us at [homefurninc@aol.com](mailto:homefurninc@aol.com) to arrange for pick-up or warehouse drop-off of useful items.



## Empty Pill Bottle Donations

Look for donation boxes in Dirck Romeyn room, Lobby of Mohawk House, and outside the church office. For questions, contact Scott Ebeling at (518)424-2813 or [sebeling8954@gmail.com](mailto:sebeling8954@gmail.com).

## Union Presbyterian Mission Fund Project Solicitation

When the Union Presbyterian Church members transferred to the First Reformed Church in 2015, they brought with them undesignated money in the Union Presbyterian Church Foundation that became the Union Presbyterian Mission Fund. The mission fund was established by the First Reformed Church to provide a legacy to Union Presbyterian Church by supporting mission projects locally, regionally, nationally and internationally. Currently 5% of the mission fund is used annually to distribute to mission projects selected by the Union Presbyterian Mission Fund Committee. It is anticipated that the fund will generate between \$25,000 to \$30,000 annually.

The Union Presbyterian Mission Fund Committee has \$25,000 remaining available in 2019 to fund not-for-profit mission projects. It has already distributed \$6,000 to the Schenectady Community Ministries (formerly the Schenectady Inner City Mission) Summer Lunch Program. The committee requests project proposals from readers of the newsletter. The project may be local (within Schenectady County); regional (within the boundaries of Albany Presbytery & Regional Synod of Albany); national / international; and valued \$1,000 to \$5,000. Please submit your proposed project(s) no later than April 30th, 2019 to Liz Mastro ([lzmastro@gmail.com](mailto:lzmastro@gmail.com)) or the FRC office. The UP Mission Committee has adopted the FRC "Unified Mission Funding Request Form" for not-for-profit agencies to use for project proposals. The form can be found on the FRC website under Activities / Union Presbyterian Fund or hardcopies are available from the FRC office.



## Al Smith Education Fund Scholarship

If you or an immediate family member will be attending post-secondary education during the 2019-2020 academic year, you can pick up an application for the Al Smith Scholarship fund in the church office. There are two application types- for the dependent and independent student. Applications and supporting documents will be due into the church office by June 15. Questions? Contact Kristin Lion at [kristinmj@gmail.com](mailto:kristinmj@gmail.com).

*God, I pray for my prayer life to become vibrant and strong in this season of Lent. I pray that Your voice, even though a whisper, would ring loud and true in my life. I pray for the courage and boldness to follow wherever You lead, to love and serve whomever and however You invite me.*



## Introductions to FRC March 3 at 3pm

Come to an informal time to learn more about First Reformed and possible membership. It starts at 3pm on March 3 in the church office. If you have been an attender for a while, this is your time to make this place your home.



## Musicians of Ma'alwyck Concert Here March 30

On Saturday, March 30 at 3pm Musicians of Ma'alwyck presents a program titled American Dreams

of Russia. Daniel Godfrey's From a Dream of Russia for clarinet, violin and piano is paired with Glinka's Trio Pathetique and Rick Sowash's Daweswood Suite as well as music of Gliere and Maude Powell for a special afternoon of Russian and American music. Composer Daniel Godfrey will be on hand for this unique concert. Musicians of Ma'alwyck core members Ann-Marie Barker Schwartz and Petia Kassarova are joined by guest artists Paul Green, clarinet and Noah Palmer, piano. Tickets \$25/10. For more information: 814-441-0852 or google them. Following the concert will be an optional 3-course dinner in Covenant Hall. Blinis sweet and savory, Beef Stroganoff, Olivier salad and tea from a Samovar. \$35 each, reservations by March 23rd. Limited to 50 guests.



## "Seeking Sanctuary" Conference at Siena College

FRC is a sponsor of this Underground Railway History Project – Seeking Sanctuary: Life, Liberty, Pursuit of Happiness March 29-31, presented this year in collaboration with Siena College.

The Friday evening opening address, A Story for Tomorrow: Making Meaning of the Past to Build a Better Future will be given by former President Barack Obama's sister, Maya Soetoro-Ng, Director of the Matsunaga Institute for Peace and Conflict Resolution, University of Hawaii, Mānoa.

On Saturday there will be workshops, round tables, exhibits, vendors, historical attire and more. The evening will feature food, conversation and a movie. Open House on Sunday at the award-winning Stephen and Harriet Myers Residence, a documented Underground Railroad site that reclaims the voices of those written out of American history and relates their activism to modern society.

Join scholars, students, artists, educators, historians and other multi-age, diverse community members for this transformative event. Details: [UndergroundRailroadHistory.org](http://UndergroundRailroadHistory.org) or call 518-432-4432.

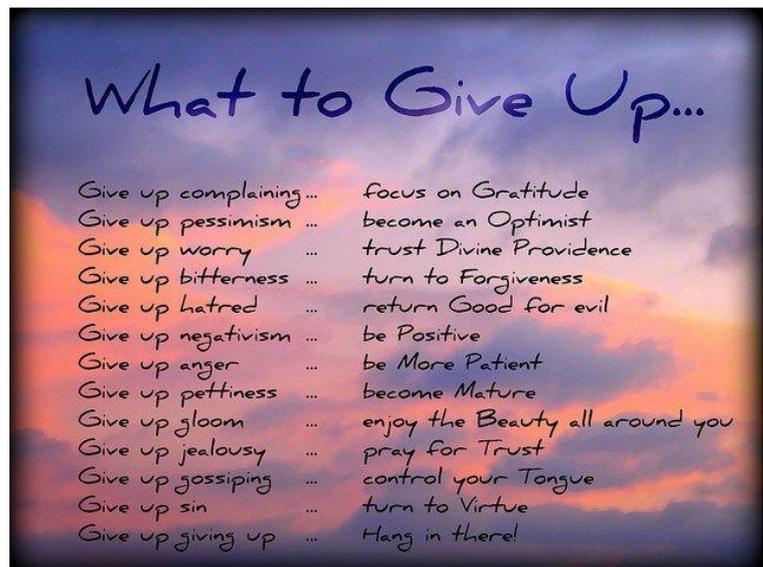
## Senior Moments

-Bill Levering

How long does it take us to learn a new habit? Back in the 1960s, Maxwell Maltz published a book called Psycho-Cybernetics which documented his observation that it took at least 21 days to start a new behavioral pattern. Then in 2009, a more rigorous study by Phillippa Lally showed it to be more like an average of 66 days to start some healthy habit. That study also showed that an occasional lapse did not affect the habit formation process. Averaging these two works brings me to the conclusion that it takes about the length of Lent (40 days + Sundays) for us to change a little thing in our lives.

So. Here is our chance. Here is our excuse. Here is the gentle prod to get a little healthier, a little nicer, a little deeper, or a little less scattered. Lent is the time to practice being better. If it is too painful, you can always stop at Easter, after all. It almost doesn't matter what we give up or what we start. It's all the idea that God is not done with us and that human beings are called to greater things at every point in life.

Some years we change everything and end up in new spaces beyond our dreams. Some years we fix one leak in the roof. Which year is this for you?



First Reformed Church  
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## Address Service Requested

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<u>March Birthdays</u>		<u>During March</u>	
1 John Assini	17 Judy Arthur	<b><u>Every Sunday</u></b>	<b><u>Monthly</u></b>
2 Tom Burgoyne	Bill Rochelle, Jr	Devotional Conversations, 8:30am	Group V, 1 <sup>st</sup> Mon., 11am
Lynn Wilkanowski	18 Analine Hicks	Choir Rehearsal, 9am	Glen Eddy Group, 3 <sup>rd</sup> Mon 11:30am
3 Sandy Moynihan	Chris Van Oort	Cord Of Love, 9am	Support & Care, 1 <sup>st</sup> Tues., 11:30am
4 Audrey Bain	Audrey Mason	Worship, 10am	Writers Group, 1 <sup>st</sup> & 3 <sup>rd</sup> Tues., 7pm
Ella Marie Pincher	19 Greg Burgoyne	Church School, 10:15am	Archives, 2 <sup>nd</sup> Tues., 6pm
5 Joseph Gotwals	Ryan Brazee	Orff-estra, 11:15pm	Consistory, 2 <sup>nd</sup> Tues., 7:30pm
Anders Ipsen	20 Christine Shultes	Children's Music, 11:15am	Archives, 2 <sup>nd</sup> Wed., 1pm
7 Karlyne Drimalas	24 Colin Rowe	Forum, 11:15am	Stephen Ministry, 3 <sup>rd</sup> Thurs., 6:30pm
Zane Thuener-Salem	25 Gerald Myers	Resisting Evil Group, 12pm	Wayne Hawkins Presents, 1 <sup>st</sup> Fri, 7pm
10 Gabriella Pizzolo	26 Justine Pierce	Youth Group, 5pm	Introductions to FRC, 1 <sup>st</sup> Sun., 3pm
11 Alexis Wisniewski	27 Richard Arthur	Vespers, 5pm	Care & Prayer, Last Sun, 11am
12 Wallace Graham	Ruth Bergeron		Open Hearts, 3 <sup>rd</sup> Sun, 11:15am
Frances Lapham	Jessica Rowe		
Diana Wahid	28 Nancy Davidson	<b><u>Weekly</u></b>	
13 Joanne Arnold	29 Robert Allen	<b><u>Monday:</u></b>	<b><u>Events</u></b>
14 Phillip Falconer	Peter Ontkush	Men's News Group, 9am	1: Wayne Hawkins Presents
Elizabeth Mastrianni	30 Kerry Merchant	<b><u>Tuesday:</u></b>	3: Introduction to FRC
Dottie Potochnik	Carol Schweizer	Horizons Bible Study, 10am	3: Family Luncheon
Kathryn Rose	Jayne Steubing	<b><u>Wednesday:</u></b>	4: Group V
15 Mary Jewett	Linda Ward	Kerygma, 9:30am	<b>6: Ash Wednesday</b>
Deborah Tucker	31 Chad Greskovich	Wednesday Lunch, 11:30am	8: Winter Trails Retreat Begins
16 Linnea D'Andrea	Laura Mason	Lenten Meal, 6pm	9: Saturday Breakfast
		Future Visions, 7pm	12: Committee Meetings
		Good Earth Café, 6pm	12: Consistory Meeting
		Contemplative worship, 8pm	15: Group VII
		<b><u>Thursday:</u></b>	17: Open Hearts
		Bible Bunch, 7:30am	18: Glen Eddy Group
		Ensembles, 7pm	21: Stephen Ministry
		Chancel Choir, 7:30pm	31: Care & Prayer